



Mishawaka Communicator



Working together to build the "Best Hometown in America" by delivering exceptional services, promoting safe and clean neighborhoods, elevating the quality of life and inspiring pride in our community.

Dave Wood, Mayor

www.mishawaka.in.gov

December 2017

A Letter from Mayor Dave Wood



I have written many articles about City of Mishawaka employees as I believe they are the finest public servants found anywhere. I would like to end the 2017 year with news about one of Mishawaka's finest, Lt. Tim Williams. Lt. Williams began his career with the Mishawaka Police Department in March, 1988. He is a lifelong resident of Mishawaka, attended LaSalle Elementary, Emmons Junior High and Mishawaka High School. He chose to stay close to home and attended Bethel College.

Upon graduating from the Indiana Law Enforcement Academy, Lt. Williams was assigned to the Uniform Division. In 1996, he was reassigned to the Neighborhood Enforcement Team. He was chosen as lead coordinator for the DUI Taskforce and also was chosen to be a scene diagram technician for the St. Joseph County Fatal Alcohol Crash Team [FACT]. In March of 2002, Williams attended the Illinois State Police Drug and Alcohol Resistance Education [D.A.R.E.] Academy and filled a vacant position in the police department's D.A.R.E. unit where he has served ever since.

Lt. Williams has an impressive record as the Mishawaka D.A.R.E. Officer for the past 15 years, as well as, the recipient of many awards. He oversees a commendable list of programs for the Mishawaka Police Department but D.A.R.E. is first and foremost, his passion. Lt. Williams instructs both the D.A.R.E. Elementary and 8th Grade "Keepin' It Real" Program in twelve schools in the City of Mishawaka. I have personally seen the affect Lt. Williams has on school children of all ages in the Princess City. I have also seen the positive impact that Lt. Williams has had in my own home as I am father to four D.A.R.E. graduates. I attend all D.A.R.E. graduations and see the respect these students

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UPCOMING EVENTS!

- Dec 8 Holiday Movie Night
"The Polar Express"
(Battell Center)
- Dec 9* Winterfest
(Merrifield Park & Ice Rink)
* weather dependent
- Dec 10* Merrifield Ice Rink
Opens for 2017-18 Season
* weather dependent
- Dec 12 Grandparent & Me
"Breakfast w/Santa"
(Battell Center)
- Dec 25 City Offices Closed
- Dec 26 City Offices Closed
- Dec 27 Brunch/Classic Movie
"West Side Story"
(Battell Center)
- Jan 1 City Offices Closed
- Jan 12 Winter Concert
(Battell Center)

When Is The Best Time To Exercise? Anytime!!

Health Information from Saint Joseph Health System

If you're starting an exercise routine, you might be wondering what time of day is best. Ultimately, the best time is whatever time works for you. The key is consistency. So pick a time to exercise that works for you and stick with it.

An effective exercise program needs to be fun and keep you motivated. It helps to have a goal. For example, your goals might be to manage a health condition, reduce stress, improve your stamina, or buy clothes in a smaller size.

"In addition to picking a time of day, building physical activity into your regular routine can also help you stick with it," said Dr. Robert Hays, primary care provider at University Park Family Medicine in South Bend. "Simple lifestyle changes can make a big difference over time."

- At work, try taking the stairs instead of the elevator, walking down the hall to talk with a coworker instead of sending an email, or adding a 10 to 20 minute walk during lunch.
- When you are running errands, try parking at the far end of the parking lot or down the street. Even better, walk to the store or other nearby places.
- At home, do chores such as vacuuming, washing the car, gardening, raking leaves or shoveling snow.

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FRIGID FAMILY FUN 5K

January 20, 2018

9:30am - Central Park

Registration: \$20 (by Dec 15)
\$25 (after Dec 15)

<https://runsignup.com/Race/IN/Mishawaka/FrigidFamilyFun5K>

ONLINE ACCESS



<http://mishawaka.in.gov>



<http://facebook.com/cityofmishawaka>



<http://mishawaka.in.gov/communicator>



<http://mishawaka.in.gov/parksandrecreation>



<https://twitter.com/MishawakaMayor>



<https://instagram.com/MishawakaMayor/>

A Letter from Mayor Dave Wood *(continued)*

have for Lt. Williams and his program. Lt. Williams not only sets a great example for the students and youth of our community, but he represents the Mishawaka Police Department and City of Mishawaka as the Police Department's Lead Public Information Officer, a role he has flawlessly served since 2012.

Lt. Williams' programs do not go stale as he changes up his D.A.R.E. program each and every year to keep the students challenged. This year, he gave art students the opportunity to design his D.A.R.E. car and Mishawaka High School student, Thi Do, saw her design turned into reality. The theme of her design was "What Is Your Natural High?" which encourages students to seek something other than drugs like sports, music or art. Lt. Williams conducts field trips with my Mayor's Youth Council and he keeps them engaged and interested by offering demonstrations with the K-9 and even lets them shoot the police taser gun (thankfully not at me)! This year Lt. Williams partnered with Disney star, Celeste Kellogg, visiting seven Mishawaka elementary schools, the junior high school and high school to promote her anti-bullying campaign. She did several concerts during the school day and hosted a benefit concert at Bethel College with the proceeds being donated back to the D.A.R.E. program.

Lt. Williams "thinks outside the box" and this is what is necessary to get our youth of today engaged and enthused about important, life changing topics such as drugs, alcohol, bullying, and suicide. Quite simply, he has made a difference in over 75,000 lives during his 15-year D.A.R.E. career and specifically touched 8,137 lives in the 2016-2017 school year.

When I was notified in June that Lt. Williams would be receiving the 2017 D.A.R.E. Indiana Officer of the Year Award, I was overjoyed knowing it could not have gone to a finer officer. What better way to honor a man who gives so much to our Mishawaka community, especially the youth. They are our future and the life lessons he is teaching them today will make our community stronger, safer and more successful. Lt. Tim Williams is an outstanding representative of the Mishawaka Police Department and a well-deserving recipient of the D.A.R.E. Officer of the Year Award for the State of Indiana. Next time you see Lt. Williams, please make sure to congratulate him for receiving this distinguished honor.



(l-r): Mishawaka Police Chief Ken Witkowski, D.A.R.E. Officer Lt. Tim Williams; Mishawaka Mayor Dave Wood; Mishawaka Police Captain Robert Reppert, Community Relations.

Mayor Paul

When Is The Best Time To Exercise? Anytime!! *(continued)*

Health Information from Saint Joseph Health System

- If you ride the bus or other public transportation, get off one stop before your usual stop and walk the rest of the way.

Another idea to help you stick with your workout routine is to make a commitment to another person or to a schedule, such as having a workout buddy, signing up for an exercise class or joining a sports team. As always, before you start any exercise program, make sure to talk to your primary care provider.

Code Enforcement Reminder

Winter is now upon us and snow accumulation on sidewalks is a specific hazard to children and the elderly. Sidewalks are considered a public right of way and there are many people who utilize city sidewalks every day.

According to City Ordinance, snow on sidewalks must be shoveled within 24-hours after each snowfall. This ordinance is enforced by the Code Enforcement Department of the City of Mishawaka.

Also, please be mindful of your neighbors who may be elderly or physically unable to shovel their walks and drives.

An act of kindness goes a long way!

5th Street Recycling Facility Closed

The Household Hazardous Waste drop-off facility operated by Solid Waste Management and located on 5th Street in Mishawaka is now closed. Televisions, electronics, paints, oils and other items can no longer be accepted at the 5th Street location.

The new location for the Household Hazardous Waste Facility is 828 Kerr Street in South Bend. Hours for the facility are 8:30am - 4:00pm Monday through Friday and 8:00am - Noon on Saturdays.

Questions can be answered by calling (574) 235-9971.